



THOROLD ELITE MIDSUMMER TUNEUP & RISING STARS PREP MEET

Wednesday July 29, 2026



Location:

Canada Games Park @ Brock University
2021 Canada Games Way, Thorold

Parking:

Parking is FREE at this venue. Please park in front of the building – this lot is circled on the image below. The lot across the street is an overflow lot and MAY have charges associated with it.



Hosted by:	Thorold Elite TC
Sanctioned by:	Athletics Ontario
Meet Director:	Steven Fife thoroldelitetc@gmail.com
Eligibility:	Athletes registered with Athletics Ontario (AO) Non-members are welcome but will pay a \$5.00 non-member fee for insurance
Regular Deadline:	Sunday July 26, 2026 @ 11:59 pm
Late Deadline:	Tuesday July 28, 2026 @ 12:00 pm Entries received after this deadline <u>may</u> be accepted at the discretion of the meet directors and only if maximum field sizes are not reached.
Entry Fees:	\$20 per event Plus Trackie processing fees An additional \$5.00 fee applies to all late entries.
Registration:	To be completed online at www.trackie.com/event/TETC-July29
Waiver:	Mandatory for all athletes and to be completed online
Age Divisions:	All ages eligible. Masters athletes are welcome to compete. Most events will be run as OPEN with athletes competing together based on seed times. Since this is a Rising Stars Prep Meet as well, every effort will be made to separate U8 / U10/ U12 athletes as much as possible.
Number of Attempts:	All athletes in all throws and horizontal jumps will receive six attempts – except any U8/Peewee athletes (three attempts only)
Washrooms:	Indoor washrooms are available in the Facility
Awards:	This is a prep meet only and thus no awards will be given.

Events Offered:

TRACK- 80/100 m, 200 m, 300 m, 400 m, 600 m, 800 m, 1000 m, 1500 m, 3000 m, Intermediate Hurdles

Requests for any relay distances will be considered

FIELD- Long jump, Triple jump, High jump, Shot put, Discus, Javelin, Hammer

Implements & Weigh-ins:

- Athletes are required to bring their own implements and to retrieve their own implements;
- Implements will not undergo an initial weigh-in; however, In the case of a record broken, implements will be subject to further inspection.

Additional Meets:

	SUNDAY APRIL 26 – THOROLD ELITE SEASON OPENER www.trackie.com/event/TETCBlueAndGold2026
	SATURDAY MAY 9 – THOROLD ELITE BLUE AND GOLD CLASSIC www.trackie.com/event/TETCBlueAndGold2026 *MTA MEET*
	WEDNESDAY JULY 15 – THOROLD ELITE SUMMER PREP MEET www.trackie.com/event/TETC-July15



THOROLD ELITE MIDSUMMER TUNEUP



& RISING STARS PREP MEET

Tentative Schedule

- Schedule will be adjusted based on entry numbers in each event
- A Final schedule as well as Heat/ Flight lists will be sent out on the evening of Tues July 28
- Final schedule may still be advanced +/- 15 minutes as required
- **Track events will run from slowest to fastest heat but may be combined as needed to ensure a streamlined meet**

Track Session				
4:30 pm	Intermediate Hurdles (200/400 m)	Timed Final	All age categories starting at U14 from youngest girls to oldest boys	Girls/ Boys
5:00 pm	80 m	Round 1	U8 / U10 / U12	Girls + Boys
5:10 pm	100 m	Round 1	Open	Girls
5:25 pm	100 m	Round 1	Open	Boys
5:40 pm	1500 m	Timed Final	Open	Girls
5:50 pm	1500 m	Timed Final	Open	Boys
6:00 pm	300 m	Timed Final	Open	Girls
6:10 pm	300 m	Timed Final	Open	Boys
6:20 pm	400 m	Timed Final	Open	Girls
6:30 pm	400 m	Timed Final	Open	Boys
6:45 pm	80 m	Round 2	U8 / U10 / U12	Girls + Boys
6:55 pm	100 m	Round 2	Open	Girls
7:10 pm	100 m	Round 2	Open	Boys
7:25 pm	800 m	Timed Final	Open	Girls
7:35 pm	800 m	Timed Final	Open	Boys
7:50 pm	600 m	Timed Final	U10 / U12 only	Girls + Boys
8:00 pm	200 m	Timed Final	U8 / U10 / U12	Girls + Boys
8:10 pm	200 m	Timed Final	Open	Girls
8:25 pm	200 m	Timed Final	Open	Boys
8:40 pm	1000 m	Timed Final	Open	Girls + Boys
8:50 pm	3000 m	Timed Final	Open	Girls + Boys

Relays only if needed. There will be an open call for any and all relay teams at 8:30 pm

Field Events						
Time	High Jump	Horizontal Jumps Pit 1	Horizontal Jumps Pit 2 (only if needed)	Shot put	Discus/ Hammer Cage	Javelin
4:00 pm	Warm-ups open				Warm-ups open	
4:30 pm	Girls High Jump	Warm-ups open			Boys + Girls Hammer	
5:00 pm		Long Jump 1				
5:30 pm	Boys High Jump					Warm-ups open
6:00 pm		Long Jump 2		Warm-ups open		Girls + Boys Javelin
6:30 pm	Additional Flight if needed			Boys Shot put		
7:00 pm		Long Jump 3			Warm-ups open	
7:30 pm				Girls Shot put	Girls + Boys Discus	
8:00 pm		All Triple Jump				
8:30 pm						
9:00 pm						

Note: Schedule is tentative / approximate / estimated based on expected number of entries and length of time required to run the event. An updated and final schedule WILL be communicated prior to the meet based on the actual entries and heats/flights required and may, in some cases, change significantly.

If there is need to change anything then we will provide as much notice as possible.

Field events may be combined Boys/ Girls if numbers warrant